



Town of Westford Massachusetts

Town Manager's Newsletter

April 2023



Kristen Las
Town
Manager

klas@westfordma.gov
www.westfordma.gov/tm
978-692-5500

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Earth Day Festival
Town Common
Saturday, April 22, 2-5 PM
(See page 9)

Town Election
May 2
Polls open 7 AM to 8 PM
(See page 4 for details)



Watch
westford CAT
community access television
www.westfordcat.org

Dear Westford residents,

Spring has sprung and we find ourselves surrounded by early blooms of daffodils, magnolias, tulips and hyacinths in Westford. Soon the apple blossoms will emerge. The Department of Public Works has put away their plow equipment and transitioned into street sweeping and roadway maintenance. The Recreation Department is transitioning programming outside with the better weather. Children and educators are enjoying a well-deserved break before the last push to the end of the school year.

I would like to thank all residents, staff and volunteers who were at the Annual Town Meeting on March 25, 2023. The voters worked through twenty-four (24) warrant articles and completed the business of the Town in the midafternoon. All Town Meeting documents are available at the following link: [2023 Annual Town Meeting](#). The Annual Town Election will be held on Tuesday, May 2, 2023. More information on the election location, hours and items on the ballot can be found in the Clerk's Corner later in this newsletter.

The Town also received good news in early April that S&P Global Ratings has once again assigned its 'AAA' rating to Westford, the highest rating level that it assigns, citing the Town's very strong residential economy, strong track record of stable operating performance, and comprehensive budget planning. I would like to thank staff and the Boards and Committees who work so hard every year to make this happen.

If you have any suggestions for articles or added features in future newsletters, please do not hesitate to reach out to the Town Manager's office at (978)-692-5501 or email at klas@westfordma.gov.

The Select Board has recently switched to holding their regularly scheduled meetings in-person at the Town Hall Meeting Room but with hybrid capabilities so participants may have the ability to attend remotely via Zoom. Please see the beginning of each of their published meeting agendas for this meeting information.

At the end of March, Governor Healy signed into law an extension to the remote meeting law that runs through March 2025. We are grateful for this extension as we know so many Boards and Committees enjoy the convenience of remote meetings. Additionally, remote meetings allow for our residents to participate from the convenience of the location where they are. If you find yourself having trouble accessing in person or remote meetings, please do not hesitate to reach out to the Town Manager's office and we would be happy to discuss other options.

At the Select Board's meeting on March 28, 2023, the Select Board and School Committee voted to appoint Alicia Mallon to the Nashoba Valley Technical High School Committee.

The Board received a presentation from the Clean Energy and Sustainability Committee and the Sustainability Coordinator on the [Westford Climate Roadmap – Version 2](#). The Board will explore this document and the steps moving forward in May.

(Continued on next page)

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The Board also acknowledged the receipt of Combination Dynamic Speed Feedback and School Zone Speed Limit Sign Assemblies as awarded by MassDOT's Safe Routes to School Program.

The Board also received a presentation from the Access to Town Meeting Remote Participation Working Group. At the end of that presentation, Diane Wood made a request to disband the Access to Town Meeting Committee. The Select Board voted to disband the Committee. The Town Manager's office and the Select Board will continue to work with the Town Moderator on improving access to Town Meeting for our residents and voters. I reminded the Board members and members of the public that the 2022-2023 State of the Town presentation is available on the [Town website](#). Additional review from the annual Town Meeting was discussed with the Town Moderator on April 11, 2023.

At their meeting on April 11, 2023, the Board recognized Jacki Dibble, Library Associate, retiring after 23 years of working at the J.V. Fletcher Library. Select Board Member Clay announced that a committee will be formed to explore the FY25 revenues and expenses to inform the FY25 budget process and beyond. The Board also voted to appoint Madonna McKenzie as a full member on the Diversity, Equity and Inclusion (DEI) Committee.

The Board heard from Superintendent Chew regarding a request to sign the Massachusetts School Building Authority (MSBA) Statement of Interest (SOI) for the Robinson School. The SOI was submitted on April 14, 2023.

The Board held a joint meeting with the Planning Board to discuss a proposed firearms bylaw. The Select Board will be reviewing an updated draft bylaw at their April 25, 2023 meeting. The Planning Board will be reviewing the draft bylaw at their May 1, 2023 meeting.

The Board reviewed American Rescue Plan Act (ARPA) requests on April 11, 2023 and will continue to do so on April 25 and May 9. More information on this can be found [here](#). The Board voted that evening to fund Sigma health screening services for police and fire employees, a 911 Multi Channel Instant Replay Digital Call machine and \$7,500 in FY23 Rental, Mortgage and Utility assistance.

Don't forget to sign up for Rave/Smart911 Emergency Notifications to receive alerts regarding school/town office closings and delays, trash/recycling collection delays, and more directly to your phone or email. If a child is missing, a hurricane or tornado is approaching, a break-in occurs, or general message needs to be sent to the community, this is the most efficient way the town can send quick and accurate information to residents. To find out more information and to sign up for this notification, you may visit the following link: [Smart911](#).

There are several openings on our local boards and committees, including: 35 Town Farm Road Task Force, Affordable Housing Trust, Agricultural Commission, Bylaw Review Committee, Capital Planning Committee, Clean Energy and Sustainability Committee, Commission on Disability, Cultural Council, Diversity, Equity, and Inclusion Committee, Dog Park Task Force, Economic Development Committee, Election Officer, Healthy Westford Committee, Housing Authority, Nashoba Valley Technical High School Committee (alternate position), Permanent Town Building Committee, Scholarship and Grant Committee, Senior Low Income Disabled Tax Relief Committee, and Tax Possession Sale Committee. I urge you to peruse our website for information about the work of these committees; and if you have interest, please complete and submit a Citizen's Activity form at this link: [Citizen Activity Form](#).

Would you like more detailed information on the Select Board's meetings? Click the following links to access: [Select Board Documents](#) & [Select Board Meeting Videos](#).

Sincerely,



Kristen Las

Westford Public Schools

***Superintendent Update: Spring has Sprung
Sent to WPS Families on 4-1-23***

Moving right along...

Onward and upward...

Our next [WPS Strategic District Improvement Plan](#) has been approved by the School Committee and its objectives and initiatives will guide us through FY26. Within it, we updated our Mission & Vision with a the few adjustments that more clearly reflect our priorities for the district:

We value the development of curious lifelong learners who are responsible, empathetic members of the community, demonstrating innovation through a wide variety of opportunities within inclusive, joyful learning environments that embrace their variability and honor their diversity.

We believe in preparing our students for active, positive participation as both local and global citizens by developing and fostering creativity, communication, collaboration, and critical thinking.

As we enter April, we would like to highlight that one of our strategic objectives articulates our commitment to increasing sustainability by collaborating with our Town partners to support goals outlined in the [Westford's Climate Roadmap](#) authored by the Clean Energy and Sustainability Co. Additionally, we would like to share with all of our families that Westford Climate Action is encouraging all of us to celebrate April as [Earth Month](#) and have provided a number of resources and lists of activities to consider throughout the entire month.

In just two short weeks, we will begin April Vacation (4/17-4/21). Hopefully, everyone will be able to get just what they need out of that time in order to reset for the final stretch of the school year.

When we come back from vacation, we have the privilege of hosting the MA Board of Education April Meeting here in Westford as this year's student member of the Board is our very own WA senior Eric Plankey. He has been doing a phenomenal job throughout the year advocating for students all over the state through his unique role on the Board. We are incredibly proud of his willingness to take on this responsibility and how well he has represented Westford throughout the process.

Finally, we would like to thank everyone who participated in this year's Annual Town Meeting and supported the process of approving our budget for next school year. It is a vital aspect of our democracy reminding us of the importance of having a voice in local decisions. Developing each budget is a long process; this month we will begin discussions with our town partners on Fiscal Year 2025 as we look to proactively project the future needs of the district and how our schools can be best supported in a fiscally sustainable manner.

Cheers,

Chris

Christopher Chew, Ed. D
Superintendent of Schools
Westford, MA



Town Clerk's Corner

Remember your precincts and voting locations may have changed! Pursuant to MGL ch. 54 § 6, the Town of Westford has changed its voting precincts as a result of the population changes from the 2020 Federal Census. These changes include the addition of a 7th precinct. Polling locations have been consolidated! Precincts, 1,3,4 and 7 will be voting at Westford Academy. Precincts 2,5 and 6 will be voting at the Stony Brook School.

Dates to remember

Town Election: May 2, 2023 (polls open 7:00 am-8:00 pm) If you are not currently a Westford voter and you would like to participate in the town election, the voter registration deadline is **Friday, April 21, 2023** at 5 pm.

Special Town Meeting: October 2023

The sample ballot has been posted! Here is the link: www.westfordma.gov/DocumentCenter/View/12721/Sample-Ballot---May-2-2023-Annual-Town-Election
Vote by Mail and Absentee ballots are available. You may **apply** for a vote by mail ballot (no excuse) by April 24th. You may **apply** for an absentee ballot by noon on May 1, 2023. Remember absentee ballots are only available for those who meet the criteria and are unable to vote at the polls on election day. Any ballots voted by either of these methods must be received by 8 pm on Election Day to be counted.

Deadline to license your dog(s)

Dogs must be licensed by March 31, 2022 to avoid the \$25.00 late fee. Spayed or neutered dogs are \$15.00. Non altered dogs are \$20.00.

A reminder - We have a drop box for ballots, dog license requests, census forms and any other items for the Town Clerk's Office. It is located at the back door to Town Hall on the sidewalk leading to the Police Station. Access is available 24 hours a day. The box is securely locked and tamperproof.

Not registered as a voter in Westford yet? It's easier than ever ... just go online!

<http://www.sec.state.ma.us/>



When you register to vote, you may

- Register in a POLITICAL PARTY by selecting one of the listed parties (currently Democratic or Republican OR
- Register in a political designation, OR
- Register with no party affiliation by selecting "NO PARTY (unenrolled)," which is commonly referred to as "independent" meaning that you do not have a party designation

If you do not enroll in a party (i.e., choose unenrolled or a political designation), you may still vote in state and presidential primaries by choosing a party ballot and will remain unenrolled.

If you enroll in one of the parties listed above, you may vote only in that party's primary. In a general election, all voters receive the same ballot regardless of party enrollment.

PLEASE RETURN YOUR CENSUS IF YOU HAVE NOT ALREADY DONE SO.

Do you return your town census every year? Are you surprised when you are on the **inactive voter** list at the polls? The only way that the Board of Registrars can know that you still reside in Westford is by returning your census. The only way to ascertain the current population for grant awards and state funding is through the census. It's that important. The Board of Registrars is responsible for keeping the resident and voter lists up to date and the law obliges them to move non-responding voters to the inactive voter list. We want to hear from you! Please return your census form. If you have lost it, please contact the Town Clerk's Office and we will mail you a blank form.



Sustainability

Happy Earth Month and so much more!

Sue Thomas, [Sustainability Coordinator](#), 978-399-2798

April is Earth Month!

Come visit me, the bands, baby animals and other great organizations participating in the Earth Day Festival on the Westford Common on Earth Day, **Saturday April 22nd from 2-5 PM**. Learn about how to reduce your carbon footprint and make Westford healthier, more sustainable, and resilient this year and every year. Many thanks to [Westford Climate Action](#) for sponsoring the festival and an array of activities this month. The [Gardening for Wildlife in an Era of Climate Change Webinar](#) they organized last week was outstanding! Check out the other events and webinars on their site as well.

Join me earlier on April 22nd in Carlisle at the massive [Route to Sustainability Day](#). The schedule permits you (and I) to attend both events and maximize your fun and learning!

April is Tax Month. You can claim credit this year (and last) for doing right by the earth.

See [the IRS website](#) to claim your Clean Vehicle and Energy Credits. You may be eligible for up to \$7500 per vehicle and 30% of a clean energy home improvement project at your home or business. [Massachusetts](#) also offers credits for installing renewable energy on your property.

- Whether you are a renter, a single family homeowner or live in a condo or apartment, there is a cost saving [Mass Save Program](#) for you and probably some related state and federal tax savings as well whether you are thinking big this spring, or just taking a small step, like buying a new appliance.
- Vehicles eligible for the Federal tax credit going forward changed effective April 18th 2023. Check out [The Green Energy Consumer Alliance](#), [sign up for their webinar](#) on updated incentives. [Fueleconomy.gov](#), and the following articles from the Washington Post also offer resources on buying an EV, either new or used:
 - [Car buying Guide](#)
 - [Timing a purchase](#)
 - [Using your EV to power your house](#)

Spring is Annual Town Meeting Time

Thank you for approving the budget, the solar ready Blanchard roof project, a variety of land use questions and last, but not least two electric vehicles, one for the Facilities Director and another for the Water Department.

April appears to be a great time to contract for electricity,

so the Town Manager's office and CEASC are hard at work renegotiating and reformulating the Community Aggregation Contract otherwise known as the Westford Pop Program, and the Municipal Electric contract on your behalf. If you aren't sure if you are signed up, go [here](#).

Every month is [Westford Climate Roadmap](#) month.

Watch for an upcoming Select Board meeting to discuss endorsing this vital document.

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Sustainability (Continued)

April is time to get outside to work and play. Keep these ideas in mind:

- Climate change is extending tick and mosquito season – take precautions like clothing, tick checks and removing standing water
- Eliminate poisons – attract bug predators to your yard with plants and habitat and stop feeding the birds this time of year so they eat those bugs! Poisoning your part of the earth likely means you are poisoning you and your family and so many other things that keep populations in balance as well. If it has to be disposed of as hazardous waste, think about eliminating it from your property and your life for good.
- Our wild weather is disconnecting/discombobulating previous plant and animal cycles that ensure food and animals appear at the right times to support each other. Many of us will notice that our spring plants tried to bloom multiple times between last spring and now, and are thirsty as they try to bloom again, this time at the correct time. [Order a water barrel or two from the water department](#) and nurture natural solutions to your landscape problems. Try to remember that a healthy yard is one that works with nature.
- No Mow May means minimal clean up in April – spread your compost ([order an earth machine from the Westford Recycling Commission](#) and support composting at Westford Academy by purchasing from Westford Community Compost. Email compost@sustainablewestford.org), plant natives and cold weather crops (still too early for tender plants – see the [Native Plant Trust](#)), add some cold hardy annuals for color in baskets or on the porch (don't feed the deer with them), remove invasives before they flower ([garlic mustard](#) is out and yummy), and leave the lawn alone. The dandelions and violets feed our native bees. They are edible for you as well if you don't treat them with anything. Fireflies, butterfly larva and all sorts of beneficial insects need the leaves and stems of last year's plants until they hatch out. A "clean" yard is often a sterile one. No food chain, no food. Keep the carbon in your soil and your plants and grow what should be grown in our ecosystem and you won't need expensive petrochemical based soil amendments or new soil. The birds and the bees will come to you.
- Add electric lawn care tools and services to your routine now to minimize air, noise and carbon pollution and get a rebate from MassSave!



Earth Machine Composter

April can be time for Spring Cleaning

Don't forget to check out the [Westford Recycling Commission's website for special diversion events, instructions](#), and resources!

April and May are Capstone months for seniors at Westford Academy. If you see two young men out and about picking up litter and removing invasive plants in the next few weeks, congratulate them for their hard work on behalf of our environment.

Happy Spring!!

April / May at the J.V. Fletcher Library

Unless otherwise noted, the following programs are made possible by the Friends of the Library.



Director's Corner: We are celebrating Jacki Dibble, who just retired from the Children's Room after 23 years of exuberant, creative service! Whether constructing the Hogwarts Express, the Weasley Ford Anglia, or the Wizard of Oz tornado – for 23 years Jacki has been our Library engineer and creator extraordinaire! She relates,

"Besides the splash of all the Apple Blossom Parade entries, I am particularly proud of:

- Offering escape room programs
- Creating the Non-Fiction Book Club, Art Book Club, and Snap Circuits program for upper elementary
- Pulling together our recording studio for remote programming during COVID
- Making it possible to have outdoor parking lot concerts with our 1610 AM WJVF radio station – "WJVF Still Serving You" on your car radio dial! that first COVID summer



The job grew as I grew. I had a blast creating so many things!"

JACKI WILL BE SORELY MISSED!

Animal Craze Traveling Farm on the Common: Saturday, April 22 from 3:00 to 5:00 p.m. As part of the Westford Earth Day Celebration hosted by Westford Climate Action and the town Clean Energy and Sustainability Committee, the J.V. Fletcher Library is excited to once again host Animal Craze petting zoo as our contribution to the event. The traveling farm features a lamb, baby goats, a piglet, chicks, ducklings, AND baby bunnies. A knowledgeable farmer will introduce kids to the animals and help them to feed, brush, and hold them. They are also there to answer questions and make sure everyone including the animals are having fun. Special thanks to the Friends of the J.V. Fletcher Library for funding this extra fun event! No registration necessary.

Mystery Book Club: Monday, April 24th at 2:00 p.m. – Wake up your week with a stimulating book club discussion! We'll meet in the Mary Atwood Room to discuss *The Dark Hours* by Michael Connelly. No registration required. Print copies are available at Main Desk. Email Justin Liberti at jliberti@westfordma.gov for details!

Pajama Story Time: Monday, April 24 at 6:30 p.m. Pajama Time meets once a month on a Monday evening in the Meeting Room for children ages 3 to 7. Wear your pajamas and bring a favorite stuffed animal or blanket! No registration required.

VIRTUAL JOB SEARCH HELP FOR 50 & OVER – JOB SEARCH HELP FOR 50 & OVER – LinkedIn – Personal Branding: Wed., April 26, 6:00 p.m. to 8:00 p.m. The Massachusetts Library Collaborative's 50+ Job Seekers Group meets on the 1st and 3rd Wednesdays of the month, from 9:30am to 11:30am and 2nd & 4th Wednesdays of the month from 6:00 p.m. to 8:00 p.m., via Zoom. If you are unemployed and actively looking, underemployed, seeking a new career direction, re-entering the job market after a long employment gap, or recently retired and looking for your "Encore Career", this networking group program is perfect for you!

[Register here](#)

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March at the J.V. Fletcher Library (continued)

MIT Haystack Observatory Visit: Thursday, April 27 at 7:00 p.m. in the Meeting Room. Join us for part of our Earth Month celebration as we host the MIT Haystack Observatory, a radio science & technology research center located right in our hometown of Westford! A representative from the Observatory will be on hand to discuss what the Observatory does and what exciting projects they are working on. This program does not require registration and will be offered in a hybrid format. Attend in person or virtually. Please contact Justin Liberti for the Zoom link at jliberti@westfordma.gov. This program is hosted in conjunction with Westford Climate Action.

Young Adult Tiny Art On Display: Twenty Eight artists submitted art work for the YA Tiny Art Show and over 40 attended the opening night reception. See their beautiful and creative works of art displayed across from the Main Desk.

Adult Nonfiction Book Club: Tuesday, May 2 at 7:00 p.m. We'll meet in the downstairs Meeting Room to discuss *Being Mortal: Medicine and What Matters in the End* by Atul Gawande. **Copies are available at Main Desk. No registration required.** Email Charles Schweppe at cschweppe@westfordma.gov for details!



Tiny Art Show - Now on Display

YA Animanga Club: Thursday, May, 11 from 6:30-7:30 p.m.: Join us to talk talk manga, browse the newest selections, watch anime on the library's Crunchyroll account, eat snacks and draw characters. For Grade 6 and up. Registration is helpful but drop-ins are always welcome! [Register here.](#)

Friends of the Library e-newsletter: The best way to learn about our upcoming programs and new services is through the FOL weekly e-newsletter. [Sign up here.](#)

Check out our [Museum Passes page](#) or call the Library for reservations. Unless otherwise noted, our museum passes are generously funded by the Friends of the Library. [Have you joined the Friends yet?](#)



Quick Links to Our Most Popular Services!

[Programs – Adults](#)

[Programs – Kids](#)

[Programs – Young Adults](#)

If you have questions or need assistance, please call us at 978-399-2300 or send us an email at westfordlibrary@westfordma.gov.



**WESTFORD
CLIMATE
ACTION**

Westford Climate Action is nearing the end of our **Earth Month** for **April 2023**. There are still events during these next two weeks around town.

EARTH MONTH



WESTFORD

Earth Day Festival

Saturday, April 22, a family-friendly **Earth Day Festival** will be **happening on the Westford Town Common** from **2 to 5 pm**. Rain date is April 23. Sustainable Westford, in collaboration with Westford Climate Action, has received a generous grant from the Mass Cultural Council through its Festivals Program to support this day's events, organized by WCA.

At the Festival, the Animal Craze Traveling Zoo will once again allow children to feed, brush and hold a lamb, baby goat, piglet, chicks, ducklings, and baby bunnies. Children will also be able to make Earth Day posters. Experts on alternative energy, sustainability, recycling, solar energy, and Mass Save rebates will be there to answer questions. The Westford Museum will be displaying Native American artifacts from its collection. There will be a 2023 Ioniq 5 Electric Vehicle on display. Music will be provided by Oh Contraire, Momentum Rocks, Estella Cui, and Malvike Bhardwaj.

Earth Month Guided Hikes

The next two Saturdays in April, the Westford Conservation Trust is leading a nature walk in Westford from 9-10:30 am rain or shine. These include **April 22 Beaver Brook** and **April 29 the Peace Trail** (off Boston Road). For more information about these walks, call the walk leader for each walk you are interested in at [WCT Earth Month Walks](#), or call Marian Harman at 978-692-3907. For maps and descriptions of these and more WCT areas, check out the Trust's website: www.westfordconservationtrust.org/earth-month-guided-hikes-april-2023.

Stargazing Party

On Sunday, April 23, Westford Climate Action is sponsoring a **free Stargazing Party at the Stony Brook Middle School**. We'll be stargazing with members of the Amateur Telescope Makers of Boston. They will bring their telescopes and we will have a few telescopes to share to get a great look at the night sky! We will need clear skies, so check our website, westfordclimateaction.org, for updates. If you have a question, contact us at westfordclimateaction@gmail.com. **Rain/cloud date: Monday, April 24. Register in advance here:** tinyurl.com/westford-stars.

Learn About the MIT Haystack Observatory

On Thursday April 27 at 7:00 pm at the J. V. Fletcher Library. **MIT Haystack Observatory**, located in Westford, is presenting in a hybrid format (both in-person and live online). Please email Justin Liberti at jliberti@westfordma.gov for the zoom link if you are unable to attend in person.

Please visit: [Earth Month - Westford Climate Action](#) or <https://westfordclimateaction.org/earth-month/> **for more information on all events.**

Organizations partnering during Earth Month with Westford Climate Action include Westford Clean Energy and Sustainability Committee, Westford Recycling Commission, First Parish Church United, J.V. Fletcher Library, League of Women Voters of Westford, Mass Heat Smart Alliance, Mass Save, Sustainable Westford, Westford Conservation Trust, Westford Museum, Mass Cultural Council, Westford Boy Scouts and Kimball Farm.

Westford Climate Action is a grassroots organization of town residents who are concerned about the climate crisis. Our mission is to drive climate action. We promote sustainability and advocate on a local level for actions that will reduce greenhouse gas emissions and safeguard the health of our community for future generations.

Cameron Senior Center

Spring into the Cameron and try one of our many offerings serving adults age 55+

Senior and Veterans Tax Work Off Program

Tax Work Off applications are available at the Cameron Senior Center. Please apply if you are interested in participating in this program to work in a Town department (100 hours) in exchange for \$1,500.00 (minus federally mandated deductions) reduction in your FY 2024 real estate tax bill. You must submit a NEW application if you are interested in being placed this year, even if you have participated in the past. We will be placing first time applicants first and using a lottery to place repeat applicants and/or new applicants (if there are more applicants than slots in the program). Applicants must be 60+ years old, own and occupy the property for which Westford taxes are paid or be a Veteran 18+ who owns/occupies their property. **Only one member of a household is eligible. Applications must be submitted to the Senior Center by May 26th.** The lottery will take place on June 16th at 1PM. If you have questions about the program, please call Alison Christopher at 978-399-2325.



T.R.E.A.D. -Applications will be available at the Senior Center in May this year and will be **DUE ON AUGUST 30th**. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability and must own and occupy their home. The T.R.E.A.D. Committee will meet to determine awards in December 2023. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325 or Jen/Annette at 978-399-2326.

COME ONE! COME ALL! MEET THE MUSIC MAKERS

Friday, April 28 at 12:30pm

We will have music, trivia, and lunch! We hope that you can attend. We will look forward to seeing you. If you enjoy making music with others and can carry a tune, drop in on Fridays at 9:00a.m. and try it. Cost \$5.00 for lunch. Sign up at 978.692.5523.



Best of Times Trip to STAYIN' ALIVE in concert considered

#1 Bee Gees Tribute Band

Wednesday, May 24th

Join Best of Times Travel to Lake Pearl in Wrentham, MA for a live concert with the band Stayin' Alive, considered the World's #1 Bee Gees Tribute band. Enjoy the chart busting hits such as: More than a Woman, Islands in the Stream, Lonely Days, and many more at this concert. The cost of the trip is \$124 per person which includes transportation, driver's gratuity, plated luncheon of Baked Stuffed Chicken or Vegetarian Lasagna, lunch gratuity, and a show ticket.

(Continued on next page)

Cameron Senior Center (continued)

INTRODUCTION TO TAI CHI AND QIGONG – AN 8-WEEK SERIES

Thursdays 6:00pm -7:00pm Starting Thursday, May 11th

Instructor: Stan Fall of Cultivating Qi

YangTao™ Tai Chi & Qigong offer gentle meditative movement to help move blood and oxygen around the body, nourishing the organs and tissues. This strengthens the immune system and enhances the body's natural ability to heal itself. In addition, due to the in-the-moment connection of the mind to the breath, YangTao™ Tai Chi & Qigong help to calm the mind, relieving emotional stress and mental anxiety. The class is designed to be low key and fun for people of all levels. Come join us to learn these mindful movements and to connect with like-minded people.

Cost for the class is \$40 for the 8 weeks. Please sign up at 978.692.5523.

FREE HEALTH SERIES

Tuesday, May 9th and Tuesday, June 13th at 4:30pm

We are pleased to announce a FREE monthly series with professional speakers from local medical sites. These sessions will be held at the Cameron on the second Tuesday of every month at 4:30. In May we will hear from Orthopedic Surgeon, Dr. Dave of Emerson hospital, about hip and knee joint health, replacements and he will answer questions (program postponed from March due to snow). In June our guest speaker, Sarah Byrne – Martelli, an Aging & Illness Coach and Chaplain, will discuss the 3 Steps You NEED to Take to Personalize Your Medical Care. These steps will help you get the medical care and advocacy for your loved ones. RSVP at 978-692-5523.

Five Things You Need to Know About How Changes in the Real Estate Market Impact Seniors

May 23rd at, 6:00pm

Kathy Cunningham, of Coldwell Banker Realty, will be here to discuss the new realities in the real estate market like rising interest rates, property prices and other issues that particularly impact seniors. She will clear up misconceptions and answer your questions about selling your home, timing, etc. Please sign-up at 978-692-5523.

Loose Ends Project

Thanks to crafter, Margaret Wheeler of Westford, for bringing this wonderful program, Loose Ends, to our attention. When a crafter dies mid-project or is no longer able to do handwork due to disability or illness, they will likely have unfinished items they were making for friends and family. These tangible, handmade expressions of love could get lost, donated away or thrown out. Loose Ends matches unfinished projects to volunteer finishers who complete and return the garments, blankets, & accessories to their loved ones.

Do you need a project finished? Visit Loose Ends online to find out if your project qualifies to be completed by a volunteer finisher. If it does, simply fill out the online form and they will match you with a volunteer who has the skills and time to get the job done. www.looseendsproject.org

To learn more about the Cameron Senior Center programs and services please visit:

www.westfordma.gov/coa,

www.facebook.com/CameronSeniorCenter/

www.youtube.com/channel/

[UCaNgAZb3tw8EYYQ5bEe7XXg](https://www.youtube.com/channel/) or call 978-692-5523



Westford Senior Center

Let's talk about...

STREET SMARTS

TOWN OF WESTFORD PEDESTRIAN SAFETY COMMITTEE



MOTORIST TIPS

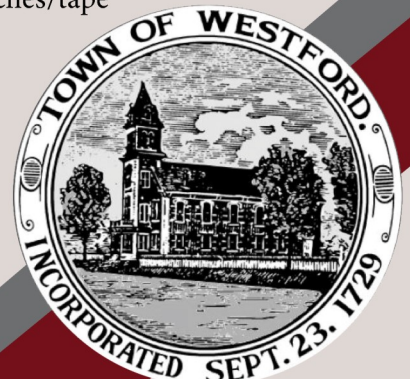
- Yield to pedestrians in a crosswalk
- Recognize cyclists right to use the road. Follow same right-of-way rules as with other vehicles
- Carefully watch for bicycles; they are more difficult to see than cars
- Be aware cyclists may take the center position in the lane when necessary
- Pass cyclists when it is safe. Allow at least 3 feet of clearance
- When opening the door of your parked car, check behind for cyclists
- Honking at a cyclist or pedestrian can startle them and increase the possibility of an accident
- Littering may result in a road hazard for cyclists
- Both lanes of traffic must stop for school buses when their stop sign is deployed and flashing lights are activated

CYCLIST TIPS

- Ride on the right side of road with traffic
- Follow traffic laws (Stop at stop signs, red lights etc.)
- Use hand signals when turning
- Don't text, or otherwise use smart phone
- Don't use headphones
- Wear brightly colored, reflective clothing
- Use special care at intersections
- Use reflectors on bicycle
- Use headlight and flashing tail light

PEDESTRIAN TIPS

- Use sidewalks and crosswalks if available
- If walking along road with no sidewalk, walk on left side of road facing traffic
- Pay close attention to cars
- Don't text
- Avoid using headphones, smart-phone, or other distracting electronics
- Before crossing the street look left, right, left for traffic
- Wear brightly colored clothing
- At night, carry a flashlight and/or wear reflective clothing or patches/tape



Community Wellness

The Town of Westford Community Wellness presents: Discovering Vibrant Health and Happiness through Simple Self-Care

Featuring: Erin LoPorto

What if self-care wasn't a luxury, but our responsibility?

Health is the cornerstone of all important areas of our life. Our physical and mental well-being influences our relationships, performance levels, choices, overall energy and impact.

Are you taking care of you? Sometimes the right 5-minute hack can totally transform your sense of struggle into optimal function.

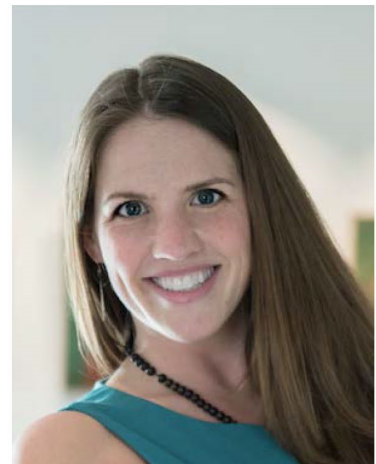
In this 90 minute session you will:

- ✚ Learn what self-care is and what it is not. (You might be surprised.)
- ✚ Understand why mindfulness is essential to self-care.
- ✚ Discover the most effective way to develop and maintain positive habits.

Erin LoPorto is a Certified Yoga Therapist, Health/Life Coach, and Energy Healer who brings a playful, intuitive, and compassionate spirit to her work.

After experiencing personal healing from the 8-limbed path of yoga, Erin continued her studies to become an expert on healing trauma and the mind-body relationship.

She has been teaching yoga and meditation at Walden Behavioral Care, Revolution Community Yoga and in private practice for over a decade.



Light refreshments will be served.

**Wednesday, April 26th 7:00pm – 8:30pm
J.V. Fletcher Library, 50 Main Westford MA**

Please register with Nicole Laviolette nlaviolette@westfordma.gov

Community Wellness (Continued)

JUST TALK ABOUT IT: Adolescent Mental Health

The Town of Westford invites parents and caregivers to this virtual program about youth mental health. Join Jon Mattleman for a dynamic presentation providing a framework to understand and navigate your child's emotional health, the signs/symptoms of the most prevalent mental health concerns, and how to be an effective support. Carolyn will share her experience with anxiety, depression bullying, and a learning disability. Attendees will have the opportunity to ask questions and get concrete answers.

THURS., MAY 18

6:00 - 7:30 pm

<https://bit.ly/WestfordMA>

Westford

Massachusetts

**MINDING
YOUR MiND**www.mindingyourmind.org**Carolyn**

Mental Health Speaker

**Jon Mattleman, MS**

Counselor

For more information

Nicole Laviolette,
Community Wellness
Coordinator
Email: nlaviolette@westfordma.gov

Community Wellness (Continued)

MAY
MENTAL
HEALTH



AWARENESS MONTH

PLEASE JOIN US

Date: MAY 1ST

Time: 3-4PM

**Location: Westford Town Common
Lincoln St, Westford, MA 01886**

**Rain Location: J.V.Fletcher Library Meeting
Room
50 Main St, Westford, MA 01886**

**Mental Health Awareness Ceremony will
commence at 3:30PM**

**This event is hosted by the Westford Health
Department and the Community Wellness
Department**

**For any questions regarding this event
contact Nicole Laviolette at nlaviolette@westfordma.gov**

Health Department - Medical Reserve Corps

The first quarter of 2023 is off to a great start for our local Medical Reserve Corps unit. The Westford Health Department is the host agent for the Upper Merrimack Valley MRC, which is actively carrying out four grants:

- Original RISE grant (\$75,000) and extension (\$26,250)
[RISE = Respond, Innovate, Sustain, Equip: federal funding]
- Operational Readiness Award (\$10,000 annually for our 4th year)
- MRC – Medical Reserve Corps (\$17,070)
- PHEP – Public Health Emergency Preparedness (\$33,930)



Our newest celebration: The UMV MRC was just notified that we'll receive a **2023 MRC Photo of the Year** award from the national MRC Program Office on May 2! The winning picture shows two of our many volunteers inoculating area residents at a public clinic. The statistics behind the photo are also impressive. From 9/4/22 through 12/16/22, UMV MRC volunteers filled 241 shifts at influenza and COVID clinics, donating 802 hours, at an economic value of \$31,182, across five of our seven communities.



Another success was our collaboration with Westford Academy to hold a **HOSA CPR Mega-Class**. Seven MRC instructors taught 20 members of HOSA (formerly Health Occupation Students of America) how to perform American Heart Association CPR/AED with choking relief. This two-year certification is valid for adult, child, and infant emergencies. This four-hour class for Westford youths – ages 11 to 18 – took place in the Westford Academy Library on March 25. The annual Town Meeting was going on downstairs in the gym that same day!



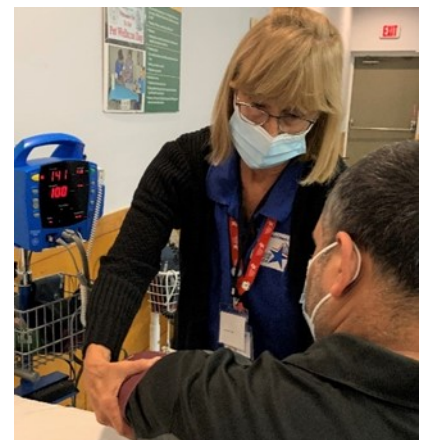
Inoculation Clinics – By December 2022, MRC volunteers provided all levels of support at



COVID and flu clinics. They prepared syringes and set up their vaccination tables, maneuvered the new COLOR software to register and track visitors, directed the smooth flow of clinic traffic, and inoculated residents and employees.

Strategic Planning – To bring the overall level of MRC service even higher, our RISE grant allows us to work with strategic planners. We've studied the region's Community Health Needs Assessments, held several meetings with our public health counterparts and MRC volunteers, and are closing in on a strategy to help us 'raise the bar' for even more effective activities through the years ahead.

Community Outreach – The ways in which our unit provides care throughout the region are endless! From promoting family fitness activities, to screening area residents for hypertension and other health conditions, to public education... the sky's the limit!



Health Department (continued)

ARPA FINANCIAL ASSISTANCE FOR KIDS CLUB SUMMER OR AFTER SCHOOL CARE

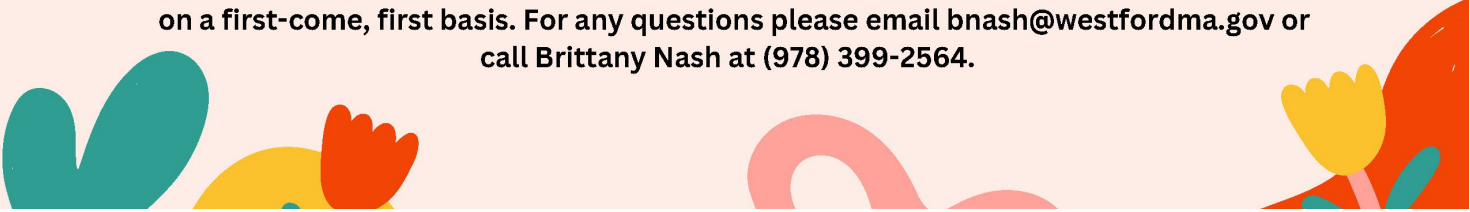
Through ARPA funding we are proud to announce that we will be reviewing/accepting applications for the Fiscal Year 2023-2024 for one free week of Kids Club Summer (starts June 26th, 2023) per child OR \$400 per child for the Recreation Department After School Program (starts August 30th, 2023). Eligibility for this program is income and Westford residency based.

The information on the application will be used to determine your family's eligibility for assistance based on your present gross household income that falls at or below 300% of the federal poverty level (see the following income eligibility chart which is located on page 3 of the application).

If you are interested in seeing if you qualify for assistance, the application can be found by clicking here:

<https://westfordma.gov/DocumentCenter/View/12703/ARPA-Afterschool-and-Camp-Assistance-Application-2023>

Applications should be emailed to bnash@westfordma.gov or hand-delivered to the Westford Town Hall, Health Department Attn: Brittany Nash. Applications are funded on a first-come, first basis. For any questions please email bnash@westfordma.gov or call Brittany Nash at (978) 399-2564.



Health Department (continued)



Going through a tough time? Help is here.

Are you or someone you care about struggling
with mental health or substance use?

The Massachusetts Behavioral Health Help Line is here for you.



 **833-773-2445** or
 **masshelpline.com**

Free. Confidential. No health insurance needed.

Here's how it works:

- ☒ Call, text or chat with a real person to get the treatment or support you need.
- ☒ Deaf or hard of hearing? Contact MassRelay at 711.
- ☒ Real-time interpretation in 200+ languages.

MASSACHUSETTS
**BEHAVIORAL
HEALTH
HELP LINE**

Health Department (continued)

LIVING MY DREAM YOGA

FREE MEDITATION SESSIONS
FRIDAY, MAY 19th, 3:00—4:00PM
FRIDAY, MAY 26th, 3:00-4:00PM

**Location: Meeting Room, J. V. Fletcher Library, 50
Main St, Westford, MA, 01886**

Participants will practice one of the following types of concentrative type of meditation which may include Mantra Meditation (repetition of a specific phrase), Mudra Meditation (a particular shape of hands, fingers, arms), Breath Meditation, or a Metta (Loving Kindness) Meditation.

Chris Connolly, a retired 43-year registered nurse, is a certified 500-hour Kripalu Yoga Teacher, Level 1 iRest Yoga Nidra Teacher, and Reiki II Practitioner. Learn more about Connolly at <http://www.livingmydreamyoga.com/>.

Registrants are encouraged to bring their own yoga mat, beach towel, blanket, or cushion to sit/lay on. The Tewksbury Police Department in collaboration with the Westford Health Department is offering 2 free meditation sessions in honor of May National Mental Health Awareness Month.

Register by emailing Regional Community Health and Wellness Coordinator, Brittany Nash, at bnash@westfordma.gov



Health Department (continued)

"Stroll Your Way To Better Health"

May 15th @9 AM

May 22nd @9 AM

June 5th @9 AM

June 12th @9 AM

Please register for any or all sessions
by emailing bnash@westfordma.gov

Please join the Westford Health Department's Public Health Nurse, Gail Johnson, and the Regional Community Health and Wellness Coordinator, Brittany Nash, for a 1-mile stroll to boost energy, reduce stress, and discuss health-related topics of interest.

Arrive promptly by 9 AM in front of the Westford Town Hall.





Memorial Day 2023

Town wide observation of Memorial Day will be held on Sunday, May 28th. Ceremonies will be conducted at Freedom Park at 9 AM, Forge Village monument at 9:15 AM, Graniteville monument on North Main St at 9:45 and then at Nab Lake, Byrne Ave. dam at 10:45. On the Town Common, the reading of the Honor Rolls will begin at 10:20 AM.

Culminating the village ceremonies will be a parade starting at noon from the Roudenbush Community Center to the Town Common.

Veterans who would like to participate should meet at Freedom Park at 8:30 AM on Sunday. All are encouraged to commemorate our US servicemembers who have died in defense of our country on this holiday weekend. Join us if you can.

An "event guide" containing parade routes and times will be located on the town website in the Veterans Services Documents, www.westfordma.gov/1580/Memorial-Day-2023

US flags to be placed on veterans graves in May

American Legion Post #159 members will be putting the US flags up in the weeks prior to Memorial Day. We will do our best to make sure that every veteran's grave is properly marked. Sometimes a flag will be misplaced or unintentionally omitted, please let the Veterans Service Officer know if a flag is missing, we will try and put one in place prior to Memorial Day. The Town of Westford's Military Burial Index can be found at <https://data.westfordma.gov/vets/>

The flat bronze markers are provided by the VA at no cost, more information on obtaining them can be found at www.va.gov/burials-memorials/memorial-items/headstones-markers-medallions/ or by calling/emailing the Veterans Services department. (978) 392-1170 or veterans@westfordma.gov



Westford Recycling Commission

The Mission of the Westford Recycling Commission (new 4/2021) is to:

Increase awareness of the financial and environmental impacts of recycling; provide opportunities for non-curb-side recycling; educate residents on options to reduce, reuse, repurpose, and recycle; and organize recycling events that encourage diversion from the trash.



SPECIAL EARTH MONTH AND EARTH DAY CELEBRATION

The Westford Recycling Commission is one of the town co-sponsors in the month-long family-friendly event being organized by Westford Climate Action for the second year. During April, there will be several activities such as nature trail walks, library talks, and a Stargazing Party at the Stony Brook School. The EARTH DAY festival is on April 22 from 2-5 p.m. on the Westford town common. The rain date is April 23.

Click here for Earth Month information, registrations, and the calendar westfordclimateaction.org/earth-month

You could be a winner of a FREE EARTH MACHINE backyard composter! On April 22, at the Earth Day Festival on the town common, come to the Westford Recycling Commission table and enter the drawing for a free Earth Machine.

BRUSH CHIPPING

Saturday, April 22, 2023 10:30 am – 4:30 pm

Westford Highway Garage, 28 North Street

Please unload your brush as directed by the Highway Department personnel. Deposit your \$10 check, payable to the Town of Westford, in the marked container.

Proof of Westford residency required.

Accepted: Brush and branches up to 3 inches in diameter and 10 feet in length. Must be average residential brush categories and reasonable amounts: A load ranges from a trunk to pickup truck -----volume, includes tow behind a full trailer.

Not accepted: Building materials (e.g., fences, boards), land clearing materials and debris (e.g., roots, bushes, anything mixed with poison ivy), grass, and leaves.

Cost: \$10 per load, checks only, payable to the Town of Westford, deposited in the marked container.

ELECTRONICS & MORE COLLECTION

April 29, 2023 9 am – 1 pm

Westford Highway Garage, 28 North Street

This is a fee-based collection FOR WESTFORD RESIDENTS ONLY. Westford utilizes the services of Northeast Materials Handling of Ayer, Massachusetts. CASH OR CHECK ONLY (checks must be made out to "Northeast Material Handling, Inc"). The Town of Westford receives no proceeds from this event.

For traffic safety reasons, entry to the access road off of North Street will not be allowed until 8:45 AM. Residents arriving prior to 8:45 will be turned away.

The Northeast Materials' staff will take the items from the vehicle for residents and collect fees from the driver's side window.

***** WE DO NOT ACCEPT TOY PLASTICS, AT ALL *****

For a list of acceptable items: some free and some chargeable, visit

www.westfordma.gov/recycling. If you have any questions about what is acceptable, please feel free to call 978-772-4545 or email: Francine@liquidatedstuff.com

Reduce, Reuse, Repurpose, and Recycle!
MA resource for "What is Recyclable?" www.RecycleSmartMA.org.

WESTFORD RECREATION

Westford Partnership for Children

Recreation's After School Program

The WPC program provides a safe and engaging environment for school children grades K-5.

WPC program offers:

- Safe and easy transition from classroom to program.
 - Choice of activities and flexible schedules.
 - Experienced, caring Site Directors and staff.
- WPC runs Monday-Friday, school dismissal to 5:45 p.m., with locations at Abbot, Crisafulli, Day, Miller, Nabnasset, and Robinson.

Register for any session, at any time.

Learn more at About WPC - westfordrec.com.

Rec's Special Programs

Museum of Science on May 2 for Grades K-8

Enjoy full-day and full-week programming that is educational, inspiring, and fun. *Details to come.*

Learn more at Special Programs - westfordrec.com.

Spring-Summer Highlights

Stay Tuned for Program Updates

For Youth: Nitehawks Track & Field, Fast Skills Football, Flag Football, Knucklebones Ninjas and Lil' Ninjas, and Speed & Agility. For Adults: Pickle Ball and CPR, *Plus Marcus Lewis Tennis for youth and adults.*

Learn more at Programs - westfordrec.com.

Rec's Summer Weekly Programs

Full-day, Full-Week, Early Arrival, Extended Day
Experience it: flexible schedules *and* happy children!

SUMMER BEACH PARTY AT D.E.

Summer program coverage just when you need it – from August 14-18. Ages 4-13.

KIDS CLUB at Nabnasset School

Fast-paced, fun-filled activities for children at all levels. Seven weeks of programming. Ages 4-13.

DESTINATION EXPLORATION at East Boston Camps

Classic summertime activities in a classic summertime setting. Seven weeks of programming. Ages 7-13

Learn more at Summer Weekly Programs - westfordrec.com.



*Photos courtesy of
Recreation Site Director, Tiff Gintner*

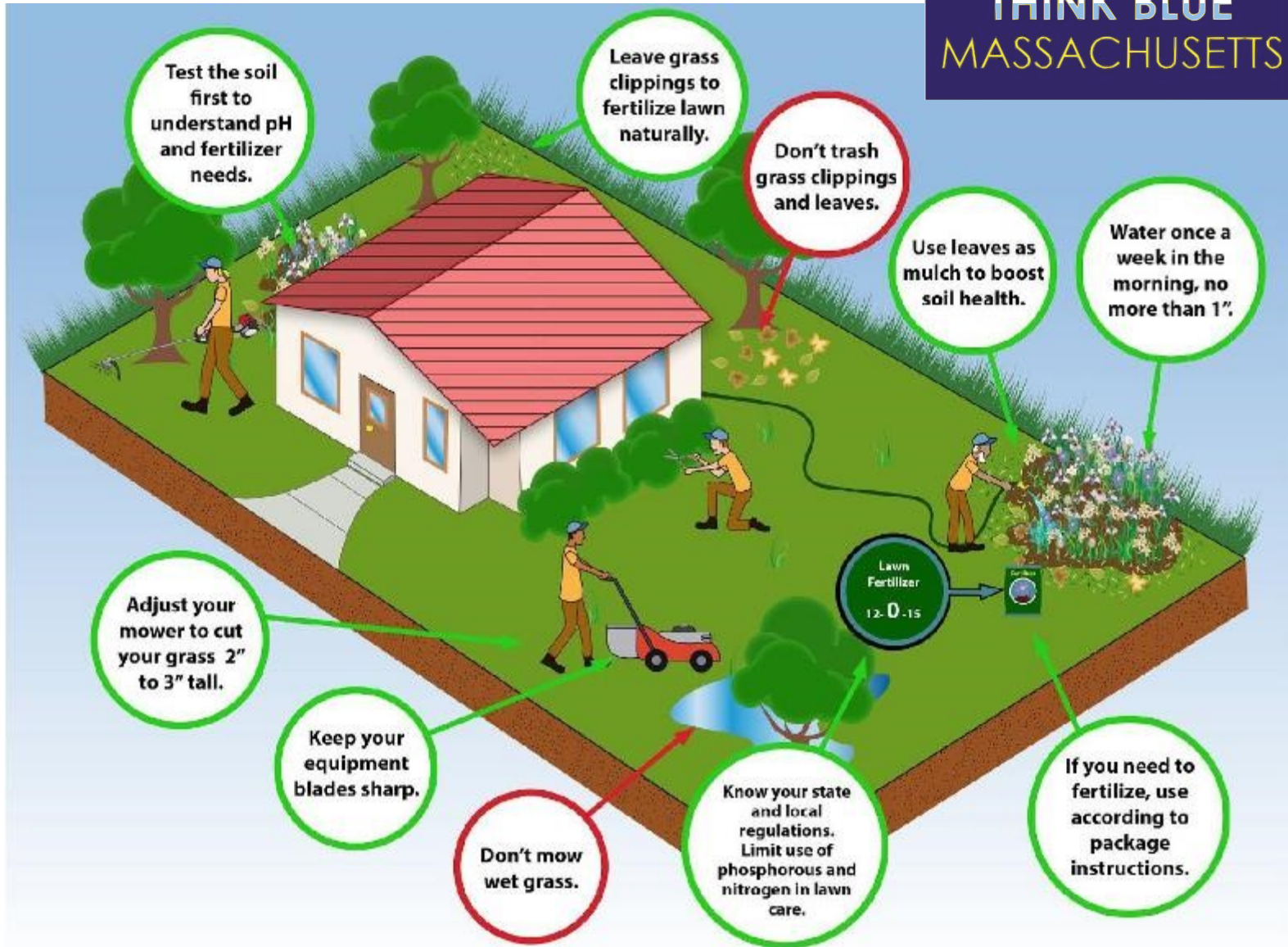
From Top to Bottom:

*First day of April Vacation at
Altitude Trampoline Park in Pelham, NH.*

Westford Recreation | 65 Main Street, 3rd floor | 978-692-5532 | westfordrec.com

Engineering Department - Stormwater Management

Lawn and Garden Tips to Help Curb Stormwater Pollution



Under Massachusetts law, only apply fertilizer with phosphorus if:

1. A soil test shows that phosphorus is needed; or
2. During the first growing season for a newly established lawn.

Contact the UMass Cooperative Extension Soil Nutrient Testing Laboratory to learn how to conduct a routine soil test:

<https://ag.umass.edu/services/soil-plant-nutrient-testing-laboratory/ordering-information-forms>

Learn more at: www.ThinkBlueMassachusetts.org